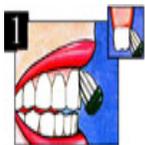


Proper Brushing

Proper brushing is essential for cleaning teeth and gums effectively. Use a toothbrush with soft, nylon, round-ended bristles that will not scratch and irritate teeth or damage gums.

Place bristles along the gumline at a 45-degree angle. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back & forth rolling motion. Move brush to the next group of 2-3 teeth and repeat.



Maintain a 45-degree angle with bristles contacting the tooth surface and gumline. Gently brush using back, forth, and rolling motion along all of the inner tooth surfaces.



Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing



Proper Flossing

Flossing is an essential part of the tooth-cleaning process because it removes plaque from between teeth and at the gumline, where periodontal disease often begins.

If you find using floss awkward or difficult, ask your dental hygienist about the variety of dental floss holders or interdental cleaning devices that are available.

Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving a 1" - 2" length in between. Use thumbs to direct floss between upper teeth.



Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.



Gently guide floss between the teeth by using a zig-zag motion. **DO NOT SNAP FLOSS BETWEEN YOUR TEETH.** Contour floss around the side of the tooth.



Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of



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Dental Hygiene



The Career and Counseling Center is located next to the Library, in the House.

Telephone: 248-1237

Email: rmcpeak@trevecca.edu

Website: <http://www.trevecca.edu/student.life/personal.counseling/index.html>

After hours emergency number:
Crisis Center Hotline: 615-244-7444
TNU Security: x1296 or 642-3523

Oral Health Nutrition

At any age, a complete oral health home program includes sound nutritional habits. Many of the foods that help your body build strong muscles and bones also help build strong, healthy teeth and gums.

Dairy products provide calcium and vitamin D for strengthening teeth and bones. Breads and cereals supply B vitamins for growth and iron for healthy blood, which in turn contributes to healthy gum tissue. Fruits and vegetables containing vitamin C (among other important vitamins) are essential to maintaining healthy gums.

Lean meat, fish, poultry and beans provide iron and protein for overall good health, and magnesium and zinc for teeth and bones.

And if you are among the million Americans who smoke, your dental hygienist will educate you about the hazards of tobacco and work with you to establish a smoking cessation program.

Proper Oral Health Care

Piercings

Numerous complications are associated with oral piercings, tattoos, and decorative grills. As these things become more popular, it is important to visit your dental hygienist so they may explain risks and complications associated with "mouth art" before you or your child decide to pursue it.

Many body art studios where the procedures are performed are not as sanitary as they should be.

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"playing" with the piercing inside their mouth, erosion of the teeth and gums can become a problem sometimes causing destruction within the mouth.

It is recommended that any piercing be cleaned after every meal as they can harbor bacteria, leading to gingival inflammation and bad breath.

Eating Disorders

Eating disorders include anorexia nervosa (starving oneself), bulimia nervosa (binging and purging via vomiting, laxatives, diuretics or excessive exercise), and binge eating disorder (eating a larger amount of food than normal during a short period of time). While patients will tend to keep these disorders secret, they are especially difficult to keep hidden from an oral health care professional. Orofacial complications that may arise from eating disorders include tooth enamel erosion, dental cavities, enlargement of the glands that produce saliva, sensitive teeth, a fungal or bacterial infection of the outside of the mouth, dry mouth due to lack of saliva, and trauma to the roof of the mouth.

Smoking

The damages to the mouth that are caused by smoking have long been recognized; however, it is important to have a dialogue with adolescents about them as soon as possible. Smoking's oral effects include bad breath, stained teeth, loss of taste and smell, canker sores, failure of dental implants, oral cancer, and the gum recession, bone loss and tooth loss associated with gum disease. According to the Centers of Disease Control and Prevention, smokers who smoked less than a half a pack a day were more than three times likely than nonsmokers to develop periodontal disease.

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This is an important statistic to share; many believe that "social smoking" on a casual basis has little or no effect on their overall health. The same study found that those who smoked more than half a pack a day were six times as likely.

Chewing tobacco also has severe oral health implications. In addition to possibly causing cavities, studies have shown that about up to 27% of regular smokeless tobacco users have gum recession and may lose the bone around the teeth and experience tooth loss. Chewing tobacco also causes leukoplakia, white patches that form on the site where the user holds the tobacco. Leukoplakia, in 5-25% of cases, is a precursor to oral cancer.

Sugary Sodas

Because soda is a beverage, it is not always part of the nutrition discussion. The reality is, however, that most sodas are sweetened with pure sugar that can have strong detriments to oral health. Complicating this matter is that soda is often drunk in place of other, more nutritious options, such as milk or even water. Although many people choose artificially sweetened sodas over their sugary counterparts, the risk to teeth is no less profound. All sodas contain a great deal of phosphoric acid, which interferes with the body's ability to absorb calcium, essential for strong teeth and bones. Drinking soda through straws, rinsing the mouth before and after consumption, and limiting how much soda an adolescent drinks can help minimize the effects on their teeth.

Information taken from the American Dental Hygienists' Association website: www.adha.org.